

This ***P.O.D. Journal*** belongs to:

Name:	
Address:	
Email:	
Phone/Text	

Year	
Quarter	

Remember...

"The way to gain a good reputation is to endeavor to be what you desire to appear."

~Socrates

The P.O.D. Journal v1

Plan your future...Organize your present day...Diarize your life and success (POD)

By Machen MacDonald

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**THE POD
JOURNAL**

Published by PLI Publishing © MMXX

Dear Achiever!

Welcome to the rest of your best life. You are holding in your hands a proven powerful tool that can profoundly affect the rest of your life if you choose to implement it into your daily practice. Not only is it an excellent tool for achieving what you want in both life and work, it will serve as a special companion on your journey.

The P.O.D. Journal is a culmination of years of using planners, organizers, notebooks & journals to help me navigate and succeed at this thing called life.

Having lead thousands of seminars, webinars, and workshops on business planning, life planning, and goal setting, I've found success leaves clues. More importantly, I've also found that failures have revealed and refined many of those clues.

"Simple, clear purpose and principles give rise to complex and intelligent behavior. Complex rules and regulations give rise to simple and stupid behavior." ~Dee Hock

In an effort to separate fact from fiction, and theory from actual practical wisdom, the resulting layout and content of this planner/organizer/diary (pod) creation may seem overly simple once you take the time to familiarize yourself with it. That is the intention. If it's simple, it will get implemented.

The POD Journal is set up to assure you achieve your next 90-days of Focused Intentional Commitments a.k.a. goals. It has also been developed to help you feel more organized, experience less stress and be more productive throughout each day. Time exists so we don't have to do everything all at once. This POD will enable you to optimize your time and energy.

The intended purpose of this tool is to support you to **OPT IN** and live your best life:

O – Organize each of your days to stay focused and on purpose so you can get the important things done and avoid distractions.

P – Plan your future so it inspires you thereby creating a vacuum that pulls you to its realization through currently aligned impulses and actions.

T – Track your progress and history so you can celebrate and calibrate accordingly. Tracking builds trends you can see and improve.

I – Imagine and inspire your best self to operate daily from your full potential in every area of your life.

N – Nurture never ending improvement of your self-efficacy to grow and expand your capacity and accountability to yourself so you can better serve others.

Here's to your ever-expanding successes!

Machen MacDonald

Award winning strategic performance coach

#1 Best selling author

Creator of the P.O.D. Journal (*#podjournal*)

WARNING: This book is a current work in progress and by no means a final product. That's up to you.



**THE POD
JOURNAL**

"One who has a Why to live for can bear almost any How."

~Nietzche

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:: Strategic Overview and Purpose of Your POD Journal ::

Creating a compelling future. When our future is brighter than our past we fill with passion and excitement. The POD will walk you through key questions to answer which will help you formulate an inspiring VISION of where you are headed and what it will look like when you get there. (page 8)

Discover your purpose and move your mission forward. We are all here for a reason and to serve our clients, communities and families in a unique way. This is something we create for ourselves. When our values are clear our decisions are easy. Most people waste an enormous amount of time and energy muddling in indecision. By knowing and honoring your values, the POD will help guide you on gaining the clarity you seek around your purpose and thereby become resistant to distractions that attempt to pull you off course. (page 10)

Establishing your 90-day Focused Intentional Commitments. The POD will walk you through key questions to help you identify the critical work and milestones that must be accomplished over the next 90 days. This is all about staying focused and aligning your mental, physical, and emotional energies so they propel you to your achievements. (Page 14)

There is a difference between goal setting and goal achieving. The difference is also what ties the two together. The difference is YOU and your efforts.

Being mindful while doing. The POD will not only help you organize each day, it will help you get and become clear on what must have your focus and attention. It is laid out to help you best lead yourself, clearly prioritize, and keep your commitments to succeed. Many people struggle with time management. Your POD is designed to help you prioritize and effectively manage yourself in relation to time. There is power in saying YES to the right opportunities, just as there is power in saying NO to the wrong ones. (Page 31)

Celebrate & Calibrate. There is immense power in celebration of achievements and triumphs. For many people, somewhere between diapers and getting their business cards printed, they forgot how to celebrate. From that point, life became an ongoing struggle. Your POD will show you how to celebrate and remind you to do so. At the end of the day, be done with it. There is power in reviewing the day, unplugging from work, and allowing our inner wisdom to integrate the day while we sleep so we can access greater resources when we awake the next day. The POD will prompt you with great questions to recognize your success and opportunities to improve on both a daily and weekly basis.

Customize your POD as you need. We are all unique. The POD has the dynamic structure to invoke your best and the organic flexibility to be customized to optimize your current potential. (page 228)

Ongoing Conditioning. We don't just go to the gym to get in shape physically, we also go to remain in the shape we've achieved. Miss a few weeks and it can be a quick slide backwards. The same is true when it comes to our mental and emotional conditioning. Your POD is designed to help you achieve the conditioning you desire and to maintain it, and even continually improve upon it. This resource will help you bend your habits in a profound way, adding to the increase of your self-efficacy and personal accountability to become the ultimate person you envision yourself to be.

I.M.A.G.E. Our thoughts and intentions contain great power and must be directed and reviewed on a daily basis to assure the realization of the life we desire. The IMAGE process is a simple and proven process that will give rise to the focus you need and eliminate the overwhelm that can creep in and keep us from performing at our best. (Page 29)

It's now time to begin your journey.

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